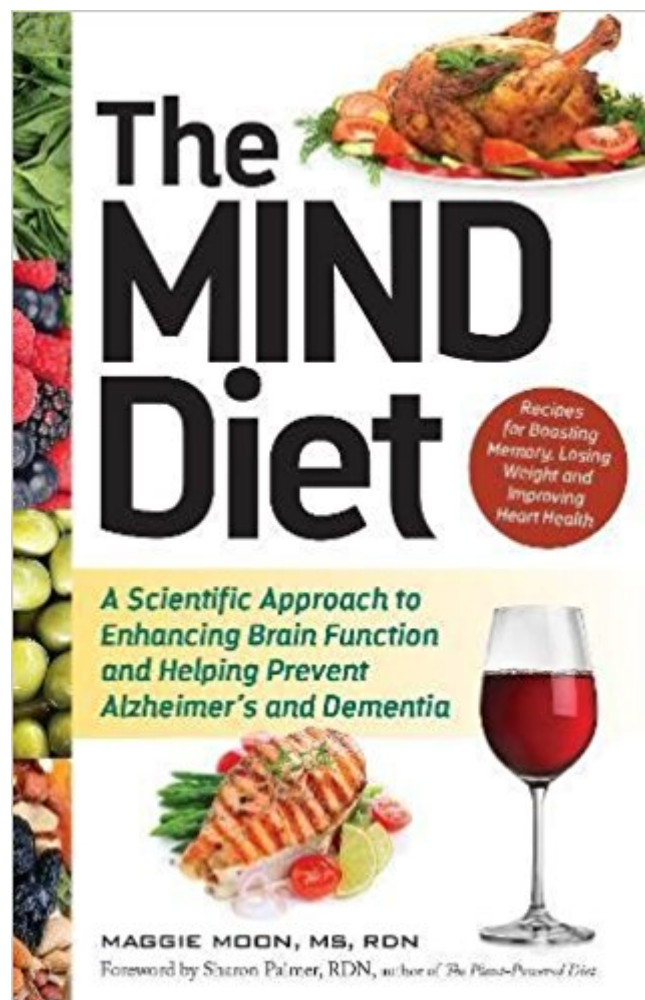




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The MIND Diet: A Scientific Approach To Enhancing Brain Function And Helping Prevent Alzheimer's And Dementia



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Synopsis

AN EASY-TO-FOLLOW GUIDE TO THE NEW BREAKTHROUGH DIET THAT'S SHOWN TO IMPROVE YOUR BRAIN HEALTH

Enjoying a high quality of life as you get older means taking care of your brain as much as your body. And research suggests that what you eat today will help (or hurt) your cognitive abilities later. The MIND Diet explains the science behind mental fitness in an approachable and understandable way. More importantly, this helpful guide presents an easy-to-follow program for keeping your mind sharp by eating the right foods and avoiding brain-harming ones. Packed with dishes that are not only delicious but also help improve memory, concentration and mental acuity, The MIND Diet's healthy recipes include:

- Brussels Sprouts Frittata
- Sweet Potato Lentil Soup
- Pistachio Mint Couscous
- Guacamole-Stuffed Tomatoes
- Apricot-Glazed Salmon
- Tango Fish Tacos
- Banana Chocolate Cookies
- Roasted Chicken with Fennel

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Customer Reviews

The Elimination Diet Workbook: A Personal Approach to Determining Your Food

Allergies-Maggie-Moon-9781612433004-16.95-Ulysses Press-05/27/14-3000-

Maggie Moon MS, RDN, is a registered dietitian nutritionist and author of The Elimination Diet Workbook (Ulysses Press, 2014) and numerous articles for popular health magazines. She has developed curricula for Brooklyn College, NYC after-school programs, and providers of continuing

professional education for dietitians. Ms. Moon has been profiled in the Academy of Nutrition and Dietetics's book, *Launching Your Dietetics Career* (Eat Right Press, 2011, 2016). She completed her clinical training at New York Presbyterian Hospital of Columbia and Cornell, and holds a Masters of Science degree in Nutrition and Education from Columbia University's Teachers College and a Bachelor of Arts degree in English from U.C. Berkeley. She lives in Los Angeles with her husband and a giant shelf of cookbooks.

There are millions of cookbooks and guides that claim they can make you lose weight or give you more energy etc. It's difficult to find a book such as this one, where the first focus is how the food we eat affects our brain function. This cookbook is full of delicious recipes that are focused on improving brain function, however they're healthy in every respect. Though eating only the meals in the cookbook is not for everyone (make sure you check any and all pre existing conditions you have so that you can be certain the meals in this cookbook will work for you), incorporating some of these meals into your life will do you well. The food in this cookbook is quite literally "brain food", the author Maggie Moon MS, RDN, is a registered dietitian nutritionist and has created a cookbook that addresses more than just weight loss or tastiness.

This is a well-thought out recipe / diet book which does a great job of combining scientific research with delicious recipes. The selling point of this book, or what sets it apart from other diet books, is that it is geared towards preventing two terrible diseases of the mind; dementia and Alzheimer's. The author does a really good job presenting the scientific basis for this diet, but I do wish it was a little more in-depth and technical (hence the star off), but I understand there are other resources out there and interested parties can do outside research. Moving on to the recipes, I only have good things to say. There is a nice variety of dishes and unlike many other 'health' diets the author does a stand-up job combining taste, reality, and ease of preparation. What I mean by reality is simply that the diet is not as restricting as some, and Maggie Moon allows for some vices in the meal plans, which is very welcome. Mangia, mangia!

Book is OK but a lot of needless fill. Didn't learn much that was new.

Adds a few important facts, but not worth getting if you have read other books/articles on brain diets.

It's new. Find out what the buzz is. Engaged some healthy tips on how to kickstart this new way of

eating into your daily life.

I have really enjoyed this book. Having diverticulitis as well as celiac disease I was looking for ways to improve my health. This book delivers. It lists multiple grains and which are gluten free. The recipes are tasty.

I get the sense this book was cranked out quickly. I've been looking for a book on the MIND Diet for a while, and I was hoping to find a lot more depth and detail than I can find with a Google search. The basic info about the diet in the beginning of the book doesn't really go beyond what is available online. If you simply Google, you can find the list of foods to eat, how frequently to eat them, and what foods to avoid. There is a little section on the science behind the MIND Diet studies, which I found helpful and clearly written. However, this book is padded big-time with stuff that has nothing to do with the MIND diet specifically, like a list of vegetables and whole grains with long paragraphs of information describing the different foods. The worst of the padding is a section on food safety, with advice such as "Wash your hands and wash them well." Really? (I'm a huge proponent of hand washing, but I don't think any adult needs to be told in a diet book to wash their hands.) I could excuse the padding if the recipes were great recipes developed specifically for the book, maybe by a chef or in collaboration with a chef since the author is an RDN. However, the recipes appear to be freebies randomly collected from a variety of sources, mostly RDs who get to plug their site at the end of the recipe and even places like the Whole Grains Council or the Blueberry Council. There are tons of free recipes available online, and it's easy to Google recipes that fit the guidelines of the MIND Diet, so I'd expect a lot more thought and recipe development to go into a book like this to make it a good value. Most of the recipes are super simple, stuff just about anyone could make up on their own. For example, roasted asparagus with olive oil, lemon juice and lemon zest. Another example, soup made with canned white beans, veg broth, pasta, a few veggies chopped up and some lemon juice. Again, no recipe needed. That said, there are a few interesting recipes that make use of exotic whole grains or offer unusual ideas for how to eat familiar foods. Overall, I'd recommend the book for people who are total newbies to the MIND Diet and have very little to no experience cooking at home and who want a basic, simple guide that lays out the MIND Diet in one place without having to Google or put together their own meal plans. Since I spend a lot of time in the kitchen and mostly make up my own simple recipes, this book was a little too basic for me.

Good book and learned some info but did need more clarification on the diet.

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